

SEPTEMBER 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3	4 LABOR DAY	5	6	7	8	9
<ul style="list-style-type: none"> 9:00 ■ Meditation & QiGong Workout DVD 11:00 ■ Fitness Equipment Training w/ David 11:30 ■ Body Balance Strength & Fitness w/ David 1:00 ■ Card Creations w/ Pam 1:30 ■ Balance Booster Fitness DVD 2:30 ■ Music Discovery w/ Dr. Dan Healy "Dizzy Gillespie" 5:00 ■ Shiva Rea: Meditation DVD 7:30 ■ Piano Conversations w/ Sandro Tsomaia 7:30 ■ Sunday Night Movie: Field of Dreams 	<ul style="list-style-type: none"> 10:30 ■ Redefining Strength w/ Nichola 1:00 ■ Merion Bridge Club 1:00 ■ Poetry Corner @ The Merion w/ Greg S. & Irene E. 1:30 ■ Symbria: Stretch & Flex w/ Dina 2:30 ■ Canvas Creations w/ Charlotta 4:00 ■ Labor Day BBQ @ The Merion 7:30 ■ Ada Trio w/ P. Hauer, A. Hess, & A. Teng 7:30 ■ Monday Night Movie: The Fan 	<ul style="list-style-type: none"> 9:15 ■ Integrated Movement for Mind & Body w/ Barbara 11:00 ■ Merion Matinee: COBB 1:00 ■ Symbria w/ Dina: Aqua ABC's (Abs, Back, & Core) 3:00 ■ J. Robert Oppenheimer w/ Greg Singleton 4:00 ■ Happy Hour @ The Merion 6:00 ■ Mantra Meditation w/ Mui 6:45 ■ Resident Movie Showcase 	<ul style="list-style-type: none"> 9:30 ■ Gentle Yoga w/ Leigh Bailey 11:00 ■ Merion Roundtable Discussion w/ Doug Asbury 1:00 ■ Fit & Functioning w/ Johnny 1:00 ■ Canasta Club @ The Merion 2:00 ■ Mindfulness—Self Compassion w/ Meg 2:00 ■ Jewelry Making & Beading w/ Abigail 4:00 ■ Happy Hour & Live Music The Jerry Tiberi Trio 7:30 ■ Wednesday Movie: A Mile in His Shoes 	<ul style="list-style-type: none"> 9:30 ■ Tai Chi Fitness w/ Mike McGinn 11:00 ■ BeMoved Dance w/ Heidi 12:30 ■ NETFLIX/ A Beautiful Life 1:00 ■ Merion Bridge Club 2:00 ■ Mindful, Movement & Breathe w/ Barbara 3:00 ■ History of an American Musical "Fiddler on the Roof" 4:00 ■ Cabaret Happy Hour @ The Merion 7:30 ■ Thursday Movie: HARDBALL 	<ul style="list-style-type: none"> 10:00 ■ Aqua Aerobics w/ Nichola 10:00 ■ Symbria: Balance Booster w/ Dina 11:30 ■ Merion Short Story Discussion w/ Glen 11:30 ■ NETFLIX/ The Law According to "LIDIA POET" Season One/ Episode 1 1:30 ■ Pilates Fitness w/ Suzy 1:30 ■ Mahjong @ The Merion 2:00 ■ Resident Movie Showcase w/ Judy Widen A League of Their Own 4:00 ■ Happy Hour & Live Music w/ Ameerah Tatum 7:30 ■ Friday Night Movie: The Woman King 	<ul style="list-style-type: none"> 11:00 ■ French Connections w/ Koffi 11:00 ■ Bingo & Prizes w/ Mary 12:00 ■ NETFLIX/ Five Came Back Season One/ Episode 1 1:00 ■ Fit & Functioning w/ Johnny 2:30 ■ Art Alive Programming w/ D. Levie "Ashcan School Part Two" 7:30 ■ Saturday Night Movie: Downton Abbey: A New Era
10	11	12	13	14	15 ROSH HASHANAH	16 ROSH HASHANAH MEXICAN INDEPENDENCE DAY
<ul style="list-style-type: none"> 9:00 ■ Meditation & QiGong Workout DVD 11:30 ■ Body Balance Strength & Fitness w/ David 1:30 ■ Balance Booster Fitness DVD 2:30 ■ Music Discovery w/ Dr. Dan Healy "Ahmad Jamal" 5:00 ■ Shiva Rea: Meditation DVD 7:00 ■ Music Institute of Chicago Ensemble 7:30 ■ Sunday Night Movie: The Dream Team 	<ul style="list-style-type: none"> 10:30 ■ Redefining Strength w/ Nichola 1:00 ■ Current Event Discussion w/ Howard Voeks 1:00 ■ Merion Bridge Club 1:30 ■ Symbria: Stretch & Flex w/ Dina 2:30 ■ Canvas Creations w/ Charlotta 4:00 ■ Happy Hour & Live Music w/ Abigail R. Healy 7:30 ■ Magic of Strings w/ Jaime Gorgojo 7:30 ■ Monday Night Movie: Moneyball 	<ul style="list-style-type: none"> 9-12 ■ Nurse Practitioner w/Dr. Lev 9:15 ■ Integrated Movement for Mind & Body w/ Barbara 10-3 ■ FLU SHOT @The Merion 11:30 ■ NETFLIX/ Where The Tracks End 1:00 ■ FOLK & JIVE @ The Merion w/ L. Cowen 1:00 ■ Symbria w/ Dina Aqua ABC'S (Abs, Back & Core) 3:00 ■ History in Perspective w/ Eugene "The Tudor Tutorial" 4:00 ■ Happy Hour @ The Merion 6:00 ■ Mantra Meditation w/ Mu 6:45 ■ Resident Movie Showcase 	<ul style="list-style-type: none"> 9:30 ■ Gentle Yoga w/ Leigh Bailey 10:00 ■ Audiologist Visit w/ Dr. Mayo 11:00 ■ Merion Roundtable Discussion w/Doug Asbury 12:00 ■ PRIME/ Yellowstone Season One/Episodes 1 1:00 ■ Fit & Functioning w/ Johnny 1:00 ■ Canasta Club @ The Merion 3:00 ■ Open Forum 4:00 ■ Happy Hour & Live Music w/ The Jerry Tiberi Trio 7:30 ■ Wednesday Night Movie: Million Dollar Arm 	<ul style="list-style-type: none"> 9:30 ■ Tai Chi Fitness w/ Mike McGinn 11:00 ■ BeMoved Dance w/ Heidi 11:30 ■ DISNEY/ The Little Mermaid 1:00 ■ Merion Bridge Club 2:00 ■ Merion Movie Showcase: The Little Mermaid 4:00 ■ Happy Hour & Live Music w/ Petra Van Nuis 7:30 ■ Thursday Movie: Bad News Bears 	<ul style="list-style-type: none"> 10:00 ■ Aqua Aerobics w/ Nichola 10:00 ■ Symbria: Balance Booster w/ Dina 11:30 ■ NETFLIX/ The Law According to "LIDIA POET" Season One/ Episode 2 1:30 ■ Pilates Fitness w/ Suzy 2:30 ■ Let's Talk Theatre w/ Maura Junius "Yiddish Theatre" 5:00 ■ Rosh Hashanah Service & Dinner w/ Michele Rose 7:30 ■ Friday Night Movie: House of Gucci 	<ul style="list-style-type: none"> 11:00 ■ Balance Booster Fitness DVD 11:00 ■ Bingo & Prizes w/ Mary 12:00 ■ NETFLIX/ Five Came Back Season One/ Episode 3 1:00 ■ Fit & Functioning w/ Johnny 1:30 ■ Rummikub @ The Merion 2:30 ■ Art Alive Programming w/D. Levie "Diego Rivera" 5:00 ■ Mexican Independence Day Dinner @ The Merion 7:30 ■ "Frida and Diego" w/ Johnny Garcia & Maura Junius 7:30 ■ Saturday Night Movie: The French Dispatch
17 ROSH HASHANAH	18	19	20	21	22	23
<ul style="list-style-type: none"> 9:00 ■ Meditation & QiGong Workout DVD 11:00 ■ Fitness Equipment Training w/ David 11:30 ■ Body Balance Strength & Fitness w/ David 1:30 ■ Balance Booster Fitness DVD 2:30 ■ Merion Matinee: Damn Yankees 5:00 ■ Shiva Rea: Meditation DVD 7:30 ■ Sunday Night Movie: The Sluggers Wife 	<ul style="list-style-type: none"> 10:30 ■ Redefining Strength w/ Nichola 1:00 ■ Poetry Corner @ The Merion with Greg S. & Irene E. 1:00 ■ Merion Bridge Club 1:30 ■ Symbria: Stretch & Flex w/ Dina 2:30 ■ Canvas Creations w/ Charlotta 4:00 ■ Happy Hour w/ Tim Fitzgerald Duo 7:30 ■ Cello & Piano Duet w/ Victor A. and John Henry Crawford 7:30 ■ Monday Movie: 42/The Jackie Robinson Story 	<ul style="list-style-type: none"> 9:15 ■ Integrated Movement for Mind & Body w/ Barbara 11:30 ■ Field Trip: Bahai House of Worship 1:00 ■ Symbria w/ Dina Aqua ABC'S (Abs, Back & Core) 3:00 ■ Mark Twain/ Tom Sawyer w/ Greg Singleton 4:00 ■ Happy Hour Live Music w/ Kurt & Deane Duo 6:00 ■ Mindful Meditation w/ Mui 6:45 ■ Resident Movie Showcase 	<ul style="list-style-type: none"> 9:30 ■ Gentle Yoga w/ Leigh Bailey 11:00 ■ Merion Roundtable Discussion w/ Doug Asbury 11:30 ■ Merion Field Trip: Adler Planetarium Millers Pub Restaurant & Bar 12:00 ■ PRIME/ YELLOWSTONE Season One/ Episode 2 1:00 ■ Canasta Club @ The Merion 1:00 ■ Fit & Functioning w/ Johnny 2:00 ■ Mindfulness—Self Compassion w/Meg 4:00 ■ Happy Hour & Live Music w/ Tiberi Trio 7:30 ■ Wednesday Night Movie: The Sandlot 	<ul style="list-style-type: none"> 9-12 ■ On-Site Dermatology Visit 9:00 ■ Merion Men's Club Breakfast 11:00 ■ BeMoved Dance w/Heidi 1:00 ■ Merion Bridge Club 1:00 ■ Merion Book Club Meetup 2:00 ■ Tai Chi Fitness w/ Mike McGinn 4:00 ■ Happy Hour & Live Music w/ S. Aaron 7:30 ■ Thursday Movie: Major League 	<ul style="list-style-type: none"> 10:00 ■ Aqua Aerobics w/ Nichola 10:00 ■ Symbria: Balance Booster w/ Dina 11:30 ■ Merion Short Story Discussion w/ Glen 11:30 ■ NETFLIX/ The Law According to "LIDIA POET" Season One/ Episode 3 1:30 ■ Pilates Fitness w/ Suzy 1:30 ■ Mahjong @ The Merion 3:00 ■ Musical Lectures w/ S. Kleiman Leonard Bernstein: Part Four 4:00 ■ Happy Hour & Live Music The Maracujaz Band 7:30 ■ Friday Night Movie: A Journal for Jordan 	<ul style="list-style-type: none"> 11:00 ■ French Connections w/ Koffi 11:00 ■ Bingo & Prizes w/Mary 12:00 ■ NETFLIX/ Five Came Back Season One/ Episode 4 1:00 ■ Personalized Fitness w/M. McGinn 2:30 ■ Music Appreciation Lecture w/ Kurt "The Advent/Rock & Roll" 4:00 ■ Merion Field Trip: Hyde Park Jazz Festival 7:30 ■ Saturday Night Movie: NOPE
24 YOM KIPPUR	25 YOM KIPPUR	26	27	28	29 SUKKOT	30
<ul style="list-style-type: none"> 9:00 ■ Meditation & QiGong Workout DVD 11:30 ■ Body Balance Strength & Fitness w/ David 1:30 ■ Balance Booster Fitness DVD 2:30 ■ Merion Matinee: The Bingo Long Traveling All-Stars and Motor Kings 5:00 ■ Shiva Rea: Meditation DVD 7:30 ■ Sunday Night Movie: Bull Durham 	<ul style="list-style-type: none"> 10:30 ■ Balance Booster Fitness DVD 1:00 ■ Current Event Discussion w/ Howard Voeks 1:00 ■ Merion Bridge Club 1:30 ■ Symbria: Stretch & Flex w/ Dina 2:30 ■ Merion Matinee: TWELVE 7:30 ■ Monday Night Movie: The Natural 	<ul style="list-style-type: none"> 9-12 ■ Nurse Practitioner w/Dr. Lev 9:15 ■ Integrated Movement for Mind & Body w/ Barbara 11:00 ■ NETFLIX/ The Perfect Find 1:00 ■ FOLK & JIVE @ The Merion w/ L. Cowen 1:00 ■ Symbria w/ Dina Aqua ABC'S (Abs, Back & Core) 3:00 ■ History in Perspective w/ Eugene "The First Armageddon" 4:00 ■ Happy Hour @ The Merion 6:00 ■ Mantra Meditation w/ Mui 6:45 ■ Resident Movie Showcase 	<ul style="list-style-type: none"> 9:30 ■ Gentle Yoga w/ Leigh 11:00 ■ Merion Roundtable Discussion w/Doug Asbury 12:00 ■ PRIME / YELLOWSTONE Season One/Episode 3 1:00 ■ Canasta Club @ The Merion 1:00 ■ Fit & Functioning w/ Johnny 2:00 ■ Jewelry Making & Beading w/ Abigail 3:00 ■ Open Forum 4:00 ■ September Resident Birthday Celebration 4:00 ■ Happy Hour & Live Music w/ The Jerry Tiberi Trio 7:30 ■ Wednesday Movie: Mr. 3000 	<ul style="list-style-type: none"> 11:00 ■ BeMoved Dance w/ Heidi 12:30 ■ APPLE TV/ STILL: A Michael J Fox Film 12:30 ■ Podiatrist Visit @ The Merion 1:00 ■ Merion Bridge Club 2:00 ■ Mindful, Movement & Breathe w/ Barbara 3:00 ■ History of an American Musical "AMADEUS" 4:00 ■ Happy Hour & Live Music w/ J. Renee 7:30 ■ Thursday Movie: Brewster's Millions 	<ul style="list-style-type: none"> 10:00 ■ Aqua Aerobics w/ Nichola 10:00 ■ Symbria: Balance Booster w/ Dina 11:30 ■ Merion Field Trip: The Warbler Restaurant 11:30 ■ NETFLIX/ The Law According to "LIDIA POET" Season One/ Episode 4 1:30 ■ Pilates Fitness w/ Suzy 3:00 ■ Musical Lectures w/ S. Kleiman Leonard Bernstein : Part Five 4:00 ■ Happy Hour & Live Music w/ Ameerah Tatum 7:30 ■ Friday Night Movie: Queen Bees 	<ul style="list-style-type: none"> 10:00 ■ Balance Booster Fitness DVD 11:00 ■ Bingo & Prizes w/Mary 12:00 ■ LIX/ Five Came Back Season One/ Episode 5 1:00 ■ Fit & Functioning w/ Johnny 2:30 ■ Music Appreciation Lecture w/ Kurt "Harry Belafonte" 3:00 ■ Merion Field Trip: The Black Ensemble Theatre "A Taste of Soul" 7:30 ■ Saturday Night Movie: MEMORY